

AAUW Poway Penasquitos Affiliate

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- October 21: Visit Espinosa Vineyards with Grape Expectations
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President's Message by Michelle Blasberg

Welcome to October. Let's hope for cooler weather as we enter Autumn.

What a great celebration of our Branch and Women at the September Meeting. Celebrating the Tech Trek girls and the Scholarship recipients really shows how our affiliate works towards the mission of AAUW.

We will be sending out the annual Fall Campaign letter in the next few days. In prior campaigns, the membership has been very generous supporting Tech Trek, Scholarships, Speech Trek, and AAUW Funds. This year we will focus our campaign on Tech Trek, Scholarships, and Speech Trek.

The Programs committee is busy planning great programs for the rest of this year and into 2024. We have a new venue and will continue to alternate meetings between lunchtime and evening. I know the Programs committee is working hard to ensure these meetings support the AAUW mission. I look forward to seeing you at the meetings.

Dr. Darshana Patel to Speak about the State of Our Union: Poway-PQ-RB at the General Meeting on

October 11 by Joie Nolasco

PUSD Board President and CA State Assembly District 76

candidate, Darshana Patel, Ph.D. is a scientist and elected official with professional experience in board governance, education policy, and project management working towards raising the level of local civic engagement. A was biochemistry major at Occidental College who earned her doctorate in biophysics at UC Irvine, her education combined with her biotech research at Genentech helped her develop a collaborative problem-solving approach. She has served as a trustee of the Poway Unified School District Board of Education since 2016 and is currently serving as president. She also serves as a delegate to the California School Boards Association, president of the San Diego County School Boards Association (SDCSBA), and as a member of the California Commission on Asian and Pacific Islander American Affairs. Darshana has been awarded the SDCSBA First-Term Board Member of the Year in 2019, was a 2022 City of San Diego Woman of Distinction, and named 2022 API Leader of Influence by *San Diego Business Journal*. Darshana lives in San Diego with her husband and three daughters. Additionally, she has served as a judge for our very own Speech Trek Competition.



The general meeting starts with social time at 6:30 p.m. followed by the program from 7:00-8:30 p.m. The location is Eastview Community Center, 17520 Drayton Hall Way in Rancho Bernardo. Open to the public! Invite your friends and family! RSVP to aauwboard@gmail.com.

AAUW GovTrek Prepares High School Girls for Careers in Government & Politics

by Janice Heather

The second year of AAUW's GovTrek program, which offers California high school girls an opportunity to learn about government & politics, will start in February 2024. Classes, which are all conducted via Zoom, will be held on Saturdays, February 3, 10, 17, 24, and March 2, 9, with the campaign competition on March 16.

The GovTrek team is busy putting together another inspiring program for our future leaders. California AAUW has also created an SPF (special projects fund) which is tax deductible and will provide rewards for the GovTrek winners. Stay tuned!

Membership by Harriet Gerza

The new membership year has begun and we are off to a great start thanks to our super recruiter Cathy Burciaga who has brought in three new members to our affiliate from other affiliates: Gillian Simcox, Victoria Spilkin, and Lily Payn. Thank you, Cathy, for your persistent work!



We also welcome two new members to AAUW, Beverly Berkin and Rita Lim-Wilby (who also bought an ad in our directory), who heard about us through other members. So, keep spreading the good word about joining our awesome group of ladies. Remember to invite your friends, relatives, neighbors to join in a general meeting or interest group meeting to see what we are about. We have an exciting slate of general programs this year with both afternoon and evening options so let's grow our branch to keep us strong and vibrant.

Remember your "elevator" speech when talking about AAUW:

AAUW's mission is to advance equity for women and girls through advocacy, education, philanthropy and research. Our affiliate acts to promote equity and educate members and the community about significant issues affecting women and girls. Our funding projects have been to send 7th grade girls to STEM camp (Tech Trek), to provide scholarships to women reentering higher education, to sponsor a speech competition for high school students (Speech Trek) and to support our national FUND dedicated to grants, research and legal advocacy.



Marguerita (Rita) Lim-Wilby graduated with a PhD from the School of Pharmacy from the University of London. Though trained as a pharmacist, she worked as an academic research scientist, then moved to the biopharmaceutical industry. She is very active and has served with Wormfree World, the Susan G. Komen Race for the Cure San Diego, City of San Diego's International Affairs Board, San Diego Sister Cities International, San Diego - Panama Sister City Association, and the San Diego World Affairs Council. Currently, she started a business in window treatments and lives in UTC and travels all over Southern California and beyond.

AAUW-PP Annual Retreat January 12-14, 2024 by Pam Meyer, Retreat Chair

Want a weekend away? Want time to relax and just be with other women? Join us for a restful weekend at Camp Stevens in Julian, CA. It is just an hour's drive into the mountains north of San Diego. Meet new friends, renew old friendships, and have a great time at the "Best Slumber Party in Town!" Take hikes, shop in Julian, listen to an educationally fun program, enjoy games, and just take pleasure in the tranquil and peaceful atmosphere of Volcan Mountain. The Retreat flyer is attached to this newsletter. Join us. This could be the best weekend you have had in such a long time. Contact Pam Meyer at 619-855-4071 or pamela.me4@gmail.com.



Tech Trek by Debbie Lewis, Ellen Dillon, and Heidi Dalvie, Tech Trek Co-Coordinators

The UCSD Tech Trek camp was held in-person in June for the first time in four years. We sent seven girls to the in-person camp and one of our girls attended the virtual camp in July. Afterwards, we received lovely thank-you cards from each of the girls and those cards were posted at our September 9 meeting for everyone to read.



We invited the campers, with a parent, to come to our September 9 meeting and five girls were able to attend. Three girls from the Rancho Bernardo Branch also attended this meeting, since our two branches have now become one affiliate.

The girls were eager to meet each other and share camp stories at their table. They wore their Tech Trek T-shirts, and we took a group photo of them to provide to the media. Each camper gave a short description of their camp experience, and we learned that one of the highlights of the camp this year was learning to solder!



We will continue to meet with the previous Rancho Bernardo Branch Tech Trek Co-Coordinators to plan a course of action for combining our Tech Trek efforts as the "Poway-Penasquitos Affiliate" in the upcoming year. As we combine the programs, we will be selecting girls from a total of seven schools. We have reached out to the school liaisons to confirm they will work with us to help select girls for next year's camp.

Since the Tech Trek program will be expanding, we will need to raise additional funds to send girls to camp. Aresa Toukdarian will be the Chair of a new Tech Trek Fundraising and Grant writing team and she is looking for assistance from our members. Please let us know if you can help with this effort by contacting us at powaypqtechtrek@gmail.com.

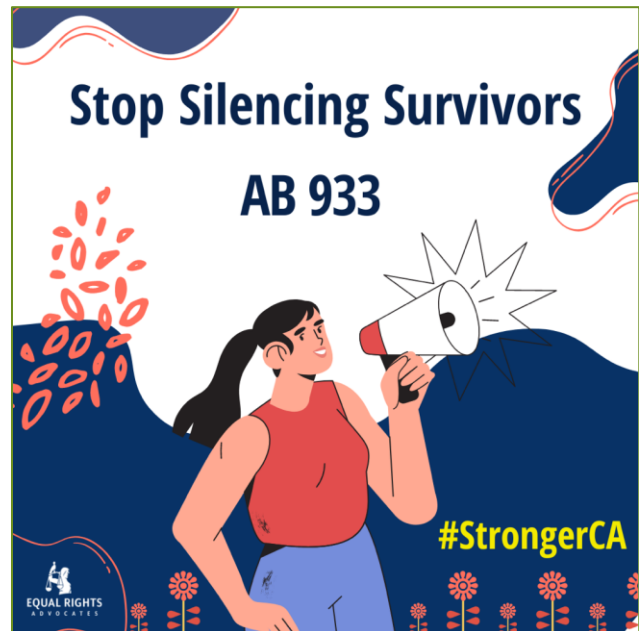
Help AAUW Support Bills for Sexual

Assault Survivors by Amy Hom and Melissa Maceyko, Co-Chairs, AAUW California Public Policy Committee

Assembly Bill 933, one of the bills on AAUW California's support list, is a beacon of hope for survivors of sexual assault, harassment, and discrimination.

In the wake of the MeToo movement, we've seen an unsettling rise in legal threats and intimidation against survivors. AB933 pushes back. It ensures that survivors have adequate protections against retaliatory and baseless defamation lawsuits and are entitled to relief in the form of reasonable attorney fees and damages for prevailing against baseless lawsuits.

Please help AAUW help survivors by supporting this bill. Encourage senators to support survivors by voting YES on AB933. Voice your support by clicking [here](#).





Forming a New Interest Group “HerStories” by Joie Nolasco

We are forming a new interest group to share women’s “HerStories” with by presenting at school assemblies throughout PUSD in March for Women’s History Month, and possibly give a presentation at the OASIS Rancho Bernardo as a fundraiser for our group. We currently have six women who are interested, and I would like to double that number. I am part of the Women in History group with the La Mesa-El Cajon affiliate, and I would like to be closer to home and serve my former students in PUSD! If you are interested, contact me at joienolasco@gmail.com or 858-828-8936.

Photos from the September General Meeting by Marie Dye



Tech Trek campers with Debbie Lewis and Ellen Dillon



Joie Nolasco & Karen McGurk working hard behind the scenes



Scholarship recipients with Cathy Burciaga



Members Peggy Farness, Janice Heather, Aresa Toukdarian and Pam Meyer sign up for interest groups

**AMERICAN
ASSOCIATION OF
UNIVERSITY WOMEN
POWAY PENASQUITOS
BRANCH**

Diversity Statement

In principle and practice, AAUW values and seeks a diverse membership. There shall be no barriers to full participation in this organization based on gender, race, creed, age, sexual orientation, national origin, disability, or class

Mission Statement

AAUW advances equality for women and girls through advocacy, education, philanthropy, leadership, and research.

AAUW's Value Promise

By joining AAUW, you belong to a community that breaks through educational and economic barriers so that all women and girls have a fair chance.

National AAUW

www.aauw.org

California AAUW

www.aauw-ca.org

**PowayPenasquitos
AAUW**

www.powayarea-

ca.aauw.net

[aauwboard@gmail.co](mailto:aauwboard@gmail.com)

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AAUW Poway
Penasquitos Branch is a
501(c)3 corporation

President: Michelle
Blasberg

Programs/1st Vice

Presidents: Karen
McGurk, Joie Nolasco,
Ellie Slade

Membership/2nd Vice

Presidents: Harriet
Gerza, Linda Johnston

Secretary: Joan Natoli

Treasurer: Sheila Walker

Happy Healthy Hikers by Mary Alice Rudelich and Jo Beneke

This month we will hike Sycamore Canyon for an easy to moderate hike of about 4.5 miles. <https://www.sdparcs.org/content/sdparcs/en/park-pages/GoodanSycamore.html>

Meet at 8:20 a.m. at 16281 Sycamore Canyon Rd. The hike will begin at 8:30 a.m. Note: this is not the trailhead off Route 67; this is the parking area accessed via Poway. Carpools will be arranged. Please RSVP to Mary Alice Rudelich at mary.rudelich@aol.com.

Travel Group by Pam Ames

This month we will be dining at Bua Thai <https://www.buathaisandiego.com/> located at 12378 Poway Road. Meet there on Saturday, October 27 at 11:30 a.m. Everyone is welcome to join us. RSVP to Pam Ames at pamames123@gmail.com.

Grape Expectations Heads Back to the Wineries by Janice Heather

After a summer break visiting local breweries, our intrepid oenophiles return to the winery trail on Friday, September 22. We will visit Koi Zen Winery, a local favorite urban winery in Carmel Mountain at 12225 World Trade Drive, Suite P. Learn more at: <https://koizencellars.com/>. We will meet there from 3-5 pm. Please RSVP to Janice janiceheather@hotmail.com to let me know if you'll join us and if you'd like to carpool.

Also, mark your calendar for Saturday, October 21 when we visit Espinosa Vineyards, 15360 Bandy Canyon Rd, Escondido. To learn more about Espinosa and their wines, visit their website: <https://www.espinosavineyards.com/>.

Lastly, these are great opportunities to bring a friend, especially someone who might be interested in learning more about AAUW. Let's share our good works & friendships!



spinosa
VINEYARDS

News You Can Use by Janice Heather

Would you like to share your passion for women's rights when you send a letter, card, or bill? Then check out the US Postal Service's new stamps honoring Justice Ruth Bader Ginsberg and Title IX. Both can be ordered [online](#), along with many other choices. What an easy way to show your support and make our voices heard!



AAUW POWAY-PENASQUITOS CALENDAR OF EVENTS

October 2023

Date	Group	Topic	Group Leader	Meeting Details	Good to Know
Oct 5	Great Decisions	"Iran at a Crossroads"	Sally Jacobson, sjacobs4@san.rr.com	Meet at the home of Terry Humphrey, 13195 Bavarian Drive in Rancho Penasquitos. RSVP to Terry at thumphrey@palomar.edu .	Meets the first Thursday of every month at 6:30 p.m. No meeting in Dec., Jan., July, and Aug. Interested in joining? Please email Sally at sjacobs4@san.rr.com
Oct 9	Games Group	N/A	Aresa Toukdarian, atoukdar@gmail.com	Meet from 7-9 p.m. at the home of Aresa Toukdarian, 8492 Florissant Ct in Rancho Penasquitos.	Group meets once a month to play board games. Contact Aresa if you want to be added to the distribution list.
Oct 10	Page Turners	"Remarkable Creatures" by Tracy Chevalier	Pam Ames, pamames123@gmail.com	Meet at 1:30 p.m. at the home of Honorine Nocon, 9587 Paseo Monril in Rancho Penasquitos. RSVP to Pam Ames at pamames123@gmail.com .	Meets the second Tuesday of every month at a member's home at 1:30 p.m. Contact Pam Ames if you wish to be added to the distribution list.
Oct 11	General Meeting	State of Our Union: Poway-PQ-RB	Karen McGurk, kmcgurkrn@sbcglobal.net Ellie Slade, elliehs10.4.1582@gmail.com ; and Joie Nolasco, joienolasco@gmail.com	The general meeting will feature Dr. Darshana Patel, PUSD Board President and CA State Assembly District 76 candidate. 6:30 p.m. social time followed by the program from 7:00-8:30 p.m. The location is Eastview Community Center, 17520 Drayton Hall Way in Rancho Bernardo. RSVP to aauwboard@gmail.com .	Open to the public! Invite your friends and family!
Oct 21	Happy Healthy Hikers	N/A	Mary Alice Rudelich, mary.rudelich@aol.com	This month we will hike Sycamore Canyon. Meet at 8:20 a.m. at 16281 Sycamore Canyon Rd. The hike will begin at 8:30 a.m. Note: this is not the trailhead off Route 67. This is an easy to moderate hike of about 4.5 miles. Carpools will be arranged. Please RSVP to Mary Alice at mary.rudelich@aol.com .	Hikes are once a month ranging from easy to moderate levels. Contact Mary Alice to be added to the distribution list.
Oct 21	Grape Expectations	N/A	Janice Heather, janiceheather@gmail.com	Meet at Espinosa Winery, 15360 Bandy Canyon Road in Escondido from 3-5 p.m. https://www.espinosavineyards.com/	We meet monthly for either wine or beer tasting. Please contact Janice to be added to the distribution list.
Oct 23	Mystery Book Group	"Cold Bolded Liar" by Karen Rose	Pam Meyer, pamela.me4@gmail.com	Meet at 1:30 p.m. at the home of Georgia Chagala, 12857 Rockwell Court in Poway. RSVP to Pam if you can attend. pamela.me4@gmail.com	Meets the fourth Monday of every month. Want to join the discussion? Email Pam Meyer.

Oct 26	Evening Book Group	"The Ride of Her Life" by Elizabeth Letts	Ann Morgan, annmorgansd@yahoo.com ; Marilyn Scheininger, marilyn.scheininger@gmail.com	Meet at 6:30 at the home of Marie Dye, 8778 Sparren Way in Rancho Penasquitos. Please rsvp to Marie at mdye@san.rr.com	Meets the fourth Thursday of every month. If you want to join the discussion, please email Ann or Marilyn.
Oct 27	Travel Group		Pam Ames, pamames123@gmail.com	This month we will be dining at Bua Thai located at 12378 Poway Road. Meet there at 11:30 am. RSVP to Pam Ames at pamames123@gmail.com	Meets monthly at various local restaurants. Contact Pam Ames to be added to the distribution list.

Poway Penasquitos AAUW Retreat

A Workout for your brain: Drumming

When: January 12, 13, and 14, 2024
Where: Camp Stevens in Julian – Lax-Sadler Lodge
Time: From 3:00 p.m. Friday, January 12th
Through 12:00 noon Sunday, January 14th

Reservation: \$240.00 (includes cabin lodging, five (5) meals (Program will be extra)

Weekend Activities

Wine Tasting, Relaxing Games, Videos, Puzzles
Hiking in the mountains or shopping in Julian, or taking a nap
Book discussions
Friday – Ice Breaker
Saturday Drumming
Bring a friend or your sister for a weekend away from the routines of the day...
Get away for the weekend, enjoy your time, no cooking, make new friends and learn new things,
OR just relax, relax, relax.....The only rule is that there are no rules!!
Please note that we are limited to 28 women, so reserve early!

QUESTIONS? Email Pam Meyer: pamela.me4@gmail.com or call her at: 619-855-4071

Send form below with your check Cut here

(Reservation for the Retreat includes lodging and 5 meals) Drumming fees are not included.

First deposit due by **November 15, 2023** Final deposit due by **January 1, 2024**

- _____ \$150.00 first deposit
- _____ \$ 90.00 second deposit
- _____ \$240.00 **Full amount** (checks will be deposited right away)

Please note, balance of \$ 90.00 is due by January 1, 2024

All money is **non-refundable** after January 1, 2024

MAKE CHECK PAYABLE TO: PP/AAUW

SEND CHECK TO: PAM MEYER, 18755 West Bernardo Dr. Apt. 1107, San Diego, CA 92127

Name _____ Cell Phone _____

Mailing address _____

E-mail address _____ **All notices will be via e-mail**